



City of Torrance

5-0 and on the go!

Promoting fitness, fun, and friendships

SEPTEMBER/OCTOBER 2013



TORRANCE TRAVELERS

On the go again!

New Tours!

Please join us for the following Autumn 2013 excursions designed for those 50 years of age and over:

Wednesday, October 9, 2013

PHANTOMS and FOLKLORE in VENTURA

Lunch at *Pierpont Inn* in Ventura

Torrance resident fee: \$92.00

Non-resident fee: \$102.00

Thursday, November 14, 2013

HAVE TRUNK, WILL TRAVEL

Lunch at *the Elephant Bar Restaurant* in Simi Valley

Torrance resident fee: \$73.00

Non-resident fee: \$83.00

Thursday, December 12, 2013

MISSION INN HOLIDAY FESTIVAL of LIGHTS

Holiday dinner at *Cask 'n Cleaver Steakhouse*

Torrance resident fee: \$94.00

Non-resident fee: \$104.00

Register for AUTUMN 2013 excursions on:

Friday, September 13, 2013

9:00 to 11:00 a.m.

Ken Miller Recreation Center

3341 Torrance Boulevard in Torrance

(Near Madrona and Torrance Blvd. behind the Torrance Plunge)

Torrance resident registration begins at 9:00 a.m.

Non-resident registration begins at 10:00 a.m.

Payment may be made by check or credit card only!

Sorry, we can't accept cash.

Please make checks payable to the *City of Torrance*.

For openings after September 13, 2013 or for cancellations, please call Registration at 310/618-2720.

For tour information, please call our Tour Information line at 310/618-2468.



City of Torrance Community Services Department • RECREATION DIVISION
3031 Torrance Blvd., Torrance, CA 90503 • 310/618-2468 • www.Recreation.TorranceCA.Gov

"Creating and Enriching Community through People, Programs and Partnerships"





TORRANCE TRAVELERS

On the go again!



Phantoms and Folklore in Ventura

Wednesday, October 9, 2013

LEAVES FROM WILSON PARK at 8:15 a.m.

RETURNS at approximately 4:45 p.m.

Come and discover the haunted side of Ventura's rich history with ghost hunter, author and **historian Richard Senate**. He will lead a tour that will be both fascinating and unique as we examine tales of ghosts in the *Old Spanish Mission of San Buenaventura* and the phantoms of the *100 year old City Hall*, once the county Court House. We'll tour places where ghosts walk and are seen even recently. *The old Cemetery* has a bevy of haunts from a headless man to a lady in a large picture hat. Remember to take your camera--Ghosts just don't come out at night! We'll enjoy a delicious lunch of Grilled Chicken Breast, Potatoes, Vegetables, Dessert, and beverage at the *Pierpont Inn* in Ventura.

Torrance resident fee: \$92.00 per person

Non-resident fee: \$102.00 per person

Have Trunk, Will Travel

Thursday, November 14, 2013

LEAVES FROM WILSON PARK at 9:00 a.m.

RETURNS at approximately 5:30 p.m.

Pack your trunk and join us for a fascinating day in Ventura County! The *Exotic Animal Training and Management Program* was established as a major at Moorpark College in 1974. The present animal collection is maintained on a 5-acre facility on the campus called *America's Teaching Zoo*. The animals have been acquired through donations and breeding loans from major zoos and research centers. This extraordinary collection has included **exotic animals** ranging from marmosets to an Asian elephant, leopard geckos to alligators, and camels to emus. The zoo is currently home to an African lioness, spotted hyenas, a bald eagle, a mountain lion, red foxes, a wide variety of primates, birds, and many, many other exotic and endangered animals. Our visit to the Teaching Zoo begins with a **live animal show**, followed by a **guided tour** of the facility. The next stop is for **lunch at the Elephant Bar Restaurant in Simi Valley**. We'll each enjoy our choice of the following tasty safari entrees: Market Cobb Salad; The Smokehouse Chicken Sandwich; or the Santa Barbara Burger. Our final stop of the day is for a **guided tour at the Gardens of the World** in Thousand Oaks. This 4.5 acre garden is open to the public and is a striking monument to commemorate the various cultures of the world. The Gardens include Italian, French, Japanese, and English gardens as well as the Mission Courtyard. Join us for a day filled with exotic adventure.

Torrance resident fee: \$73.00 per person

Non-resident fee: \$83.00 per person



Mission Inn Holiday Festival of Lights

Thursday, December 12, 2013

LEAVES FROM WILSON PARK at 12:00 p.m.

RETURNS at approximately 9:30 p.m.

We're off for a memorable evening exploring the holiday traditions of **historic Riverside**! It's a festive time of year and the community goes all out to share this special season. Upon arrival, we'll enjoy a **guided tour of the world famous Mission Inn**, bedecked in glorious holiday décor. Then, we'll have time to relax, explore on our own and do some holiday shopping. We'll also stop off for a sumptuous holiday dinner at the *Cask 'n Cleaver Steakhouse*, where we'll have Teriyaki Double Chicken Breast with Garlic Mashed Potatoes, Caesar Salad, Fresh Vegetables, Dessert, and Coffee, Tea, or Iced Tea. Then as night falls, we'll return to the Mission Inn to experience the light show. It's a veritable fairyland with over three million lights and more than **350 animated figures** adorning the exterior of this National Heritage Landmark. We might also see Victorian costumed carolers singing holiday songs! Join us for a magical holiday tour!

Torrance resident fee: \$94.00 per person

Non-resident fee: \$104.00 per person



Holiday Arts and Crafts Sale

Saturday, November 9, 2013

9:30 a.m. to 2:30 p.m.

Ken Miller Recreation Center

3341 Torrance Blvd.



**Come find that special one-of-a-kind gift,
hand-crafted by Senior Citizens!**

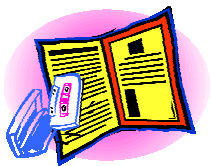
(Crafts Vendors: please call the Bartlett Center at 310-320-5918
for more information and registration forms!)

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**Words
on
Wheels**



TORRANCE • PUBLIC • LIBRARY



WALTERIA PARK SENIOR CITIZENS CENTER

3855 W. 242nd Street – 310/378-3862

MONDAY 12:00 noon to 4:00 p.m. * Table Games and Pinochle *

THURSDAY 12:00 noon to 4:00 p.m. * Table Games and Bridge *

Coffee and cookies always just 30¢!

Come spend some time with us Mondays and Thursdays – you'll really like it! We have a friendly group of Pinochle and Bridge players and you can jump right into the game! Drop in any Monday or Thursday afternoon!

BARTLETT SENIOR CITIZENS CENTER

1318 Cravens Avenue 310/320-5918

HOURS: MONDAY through SATURDAY – 8:00 a.m. to 4:00 p.m. SUNDAY - 12:30 p.m. to 4:00 p.m.
Hot, nutritious lunches served MONDAY through FRIDAY at 11:30 a.m. for the low cost of \$2.50. Please make reservations at least 24 hours in advance. If you need to cancel, please call so that others may take your place.

Card Games, Table Games, and Pool playing all day, every day, plus the following scheduled activities:

MONDAY	8:05 a.m.-9:35 a.m.	“Fitness Difference for Seniors” Co-Sponsored by Torrance Adult School - Older Adult Program	Fee: \$55.00/Semester
	9:30 a.m.-12:30 p.m.	Lapidary Workshop	Wrap-around Safety Glasses are Required!
TUESDAY	9:00 a.m.-12:00 noon	Shuffleboard	
WEDNESDAY	8:05 a.m.-9:35 a.m.	“Fitness Difference for Seniors” Co-Sponsored by Torrance Adult School - Older Adult Program	Fee: \$55.00/Semester
	9:00 a.m.-3:00 p.m.	Beadwork Workshop	
THURSDAY	9:00 a.m.-12:00 noon	Shuffleboard	
	9:00 a.m.	Ceramics Workshop	
	9:30 a.m.-12:30 p.m.	Lapidary Workshop	Wrap-around Safety Glasses are Required!
	12:30 p.m.	Thursday Afternoon at the Movies	
FRIDAY	8:05 a.m.-9:35 a.m.	“Fitness Difference for Seniors” Co-Sponsored by Torrance Adult School - Older Adult Program	Fee: \$55.00 /Semester
	9:30 a.m.-11:30 a.m.	Crafts, Knitting, and Crocheting Workshop	
	12:30 p.m.-2:30 p.m.	Seniors Open Discussion Group	
SATURDAY	9:00 a.m.-12:00 noon	Shuffleboard	
	9:00 a.m.	Bridge and assorted table games are played	
	9:30 a.m.	“The Swinging, Singing Seniors” Newcomers WELCOME!	
	9:30 a.m.-11:00 a.m.	South Bay Strummers Ukulele Group	
	12:30 p.m.	Saturday Afternoon at the Movies	
SUNDAY	12:30 p.m.-4:00 p.m.	Bartlett Center is Open! Drop on in!	



Special Notes: Legal Advice is available by appointment on the first Tuesday of the month at 11:00 a.m. and the third Tuesday of the month at 1:30 p.m. Please call 310/320-5918 to make an appointment.

HICAP (Health Insurance Counseling and Advocacy Program) - Counselor Doris Herzog provides free assistance with Medicare and other health insurance information on the first and third Wednesday of each month. Please call 310/320-5918 to make an appointment.

CALENDAR OF EVENTS

What's going on? Mark your calendars for these upcoming events!

September 13		Ken Miller Recreation Center
9 a.m. Torrance Residents	<i>Fall Tours Registration</i>	3341 Torrance Blvd. in Torrance
10 a.m. Non-Residents		
September 21	<i>2nd Annual Health and Resource Fair</i>	Salvation Army of Torrance
10:00 a.m. – 2:00 p.m.		4223 Emerald St. in Torrance
November 9	<i>Senior Citizens Holiday Arts and Crafts Show</i>	Ken Miller Recreation Center
9:30 a.m. – 2:30 p.m.		3341 Torrance Blvd. in Torrance



FRIDAY RECREATION CENTER SENIORS

Ken Miller Recreation Center - - - - 3341 Torrance Blvd.

Fridays only * (Near Madrona and Torrance Blvd., behind the Torrance Plunge)

Chair Exercise * 8:15 a.m. - 9:45 a.m. **Fee: \$39.00/Semester**

* Gentle stretching and low-impact movement will be done while seated and standing

* Restore and maintain joint range of motion * Toning and firming for flexibility and cardiovascular health

Intermediate Low Impact Aerobics Through Dance * 9:30 a.m. - 11:00 a.m.

Fee: \$39.00/Semester

Engage in an aerobic work-out while learning new dance steps and routines for physical fitness and performance. This class is for those who have taken Beginning or who have some experience in Latin or ballroom dance.

Beginning Low Impact Aerobics Through Dance * 11:00 a.m. - 12:30 p.m.

Fee: \$39.00/Semester

Roland teaches you salsa, meringues, and line dancing all in this terrific aerobic work-out!

*Classes are offered in cooperation with Torrance Adult School Older Adult Program
and the City of Torrance Community Services Department.*



Torrance Loving Care "TLC" Tuesdays Tillim Senior Center!

First Tuesdays ~ 9:30 a.m. - 11:30 a.m.

Join our monthly crafts workshop on the first Tuesday of each month and create greeting cards, which are sent to many helping organizations including Children's Hospital, women's shelters, Veteran's Hospital, and our men and women serving in the Armed Forces.

TILLIM MOVIE MATINEE! Join us for movies at Tillim Center

First Wednesday of Each Month at 12:30 p.m.

September 4, 2013: *Hannah and Her Sisters*



Rated PG-13 for some thematic elements.

FEATURING: Barbara Hershey, Carrie Fisher, and Michael Caine

Rated PG-13 Parents strongly cautioned.



October 2, 2013: *Hop*

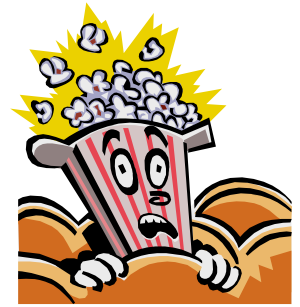


Rated PG for mild rude humor.

FEATURING: James Marsden, Russell Brand, and Haley Cuoco

Movie for November: *The Chateau Meroux*

THURSDAY AND SATURDAY MATINEES!
FREE MOVIES AND POPCORN
BARTLETT CENTER CONFERENCE ROOM AT 12:30 P.M.



September 5 and 7

Father of Invention

Rated PG-13 for sexual material and language.

Kevin Spacey
 Camilla Belle
 Heather Graham

September 12 and 14

We Bought a Zoo

Rated PG for language and some thematic elements.

Cameron Crowe
 Matt Damon
 Scarlett Johansson

September 19 and 21

The Way

Rated PG-13 for some thematic elements, drug use, and smoking.

Martin Sheen
 Emilio Estevez
 Deborah Kara Unger

September 26 and 28

Hop

Rated PG for mild rude humor.

James Marsden
 Russell Brand
 Haley Cuoco

October 3 and 5

Charlie St. Cloud

Rated PG-13 for language including some sexual references, an intense accident scene, and some sensuality.

Zak Efron
 Charlie Talan
 Amanda Crew

October 10 and 13

The Illusionist

Rated PG-13 for some sexuality and violence.

Edward Norton
 Paul Giamatti
 Jessica Biel

October 17 and 19

The Way

Rated PG-13 for thematic elements, drug use and smoking.

Martin Sheen
 Emilio Estevez
 Deborah Kara Unger

October 24 and 26

***Hatfields and McCoys:
 Bad Blood***

Rated PG-13 for some violence.



Christian Slater
 Jeff Fahey
 Pricilla Barnes

**October 31
 November 2**

Tower Heist

Rated PG-13 for language and sexual content.

Ben Stiller
 Eddie Murphy
 Téa Leoni

SEATING IS LIMITED TO 25 PEOPLE - NO RESERVED SEATS - DOOR OPENS AT 12:00 NOON!
FEATURED FILM SELECTION IS SUBJECT TO CHANGE DUE TO AVAILABILITY!

HERMA TILLIM SENIOR CITIZENS CENTER

3614 W. Artesia Blvd. 310/329-1889

Tuesday, Wednesday, and Thursday 9:00 a.m. to 4:00 p.m.



TUESDAY	9:00 a.m. - 4:00 p.m.	BRIDGE AND TABLE GAMES
	9:30 a.m. - 11:30 a.m.	TORRANCE LOVING CARE "TLC" Greeting cards workshop 1 st Tuesday of the month
	10:00 a.m.	KNITTING, CROCHETING, AND CRAFTS 3 rd Tuesday of the month
	9:30 a.m.	WIRE WRAPPING W/ CLIFF 2 nd and 4 th Tuesdays of the month
WEDNESDAY	9:00 a.m. - 4:00 p.m.	PINOCHLE AND TABLE GAMES
	9:30 a.m.	GENTLE FITNESS AND CHAIR DANCING
	12:30 p.m.	MOVIE MATINEE 1 st Wednesday of the month
THURSDAY	9:00 a.m. - 4:00 p.m.	CENTER IS OPEN
	12:30 p.m. - 3:00 p.m.	BINGO – Play Bingo with friendly people. We have a very nice group, and a great caller! Please bring a canned good or non-perishable item worth \$1.00



SEA-AIRE SENIOR CITIZENS GOLF CLUB

Sea-Aire Park - 22730 Lupine Drive – 310/543-4653 - 9 holes

Meets Every FRIDAY from 8:30 a.m. to 11:00 a.m.

Upcoming general meetings are September 6 and October 4, 2013

If you are a senior and would enjoy getting out for a morning of "pitch and putt" competition and good fellowship, come on out and see what we have to offer!

Results of June's *Best Two Out of Three* Tournament

Team	Gross Score	Less Handicaps	Final Score
Norris, Graham, and Holzman	112	22.0	90
McGee, Moorhead, and Anson	122	28.6	93.4
Brown, Nitchman, and Barber	115	18.0	97
Camarata, Ko, and Hayes	125	25.3	99.7
Fields, Sturges, and Matosky	117	14.6	102.4
Paskal, Maes, and Eby	121	18.0	103.0

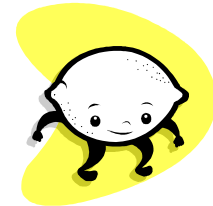


Results of July's *Choose A Tee Shot* Tournament

Team	Gross Score	Handicap Deduction	Net Score
Matzke and June	49	8.5	40.5
Matosky and Thompson	54	9.0	45.0
Norris and Moorhead	57	9.0	48.0
Barber and Paskal	58	9.0	49.0
Brown and Anson	59	8.5	50.5
Holzman and Baird	61	9.0	52.0
Fields and Sturges	64	9.0	55.0
Lawson (James)and Ko	63	8.0	55.0
McGee and Reid	66	10.0	56.0



DID YOU KNOW?



Amazing frozen lemons

How can you use the whole lemon without waste? Here is the secret of frozen lemons. Rather than just using the lemon juice and wasting the rest of this nutrient-rich fruit, freeze it. Just wash the whole, unpeeled lemon and pop it into your freezer! Once frozen, grate the unpeeled lemon and add it to salads, soups, stews, ice cream, cookie dough, chicken and fish dishes, rice, and so many other dishes! All of the foods will have an unexpected, wonderful flavor, something that you may have never tasted before. What a great idea! But there's more!

We all know that lemons are chock full of Vitamin C, which helps to neutralize free radicals linked to aging and most types of disease, as well as fight colds and flu. But did you know that lemons contain more health benefitting nutrients than other citrus fruits like oranges or tangerines? They contain citric acid, flavonoids, B-complex vitamins, calcium, copper, iron, magnesium, phosphorus, potassium, and fiber. Surprisingly, the lemon peel contains as much as 5 to 10 times more vitamins than the lemon juice. Below is a list of some of the many benefits of this powerful and flavorful little fruit:

- * Lemons contain more potassium than apples or grapes.
- * Lemons help restore balance to the body's pH even though they are acidic.
- * Lemons help detoxify the liver and improve regularity. A large glass of water with fresh lemon juice is an important way to start the day.
- * The citric acid in lemon juice helps to dissolve gallstones, calcium deposits, and kidney stones.
- * The lemon peel contains the potent phytonutrient tangeretin, which has been proven to be effective for brain disorders like Parkinson's disease.
- * Lemons have powerful antibacterial properties; experiments have found the juice of lemons destroy the bacteria of malaria, cholera, diphtheria, typhoid and other deadly diseases. They can also destroy intestinal worms.
- * The Vitamin P (bioflavonoid) in lemons strengthens blood vessels and is useful in treating high blood pressure.
- * Lemons contain 22 anti-cancer compounds, including naturally occurring limonene, which studies have shown slows or halts the growth of cancer tumors in animals.

So place your washed lemon in your freezer, and grate it on your meals every day. It's a key to make your foods tastier and you get to live healthier and longer! That's the lemon secret!